

Rev. 01/15



200 Hospital Drive  
Galax, VA 24333

Director:  
Karen Burress, RN, BSN, CEP

Hours:  
Monday, Wednesday  
& Thursday  
7:00am to 5:00pm

Tuesday & Friday  
by appointment

276-236-1763  
276-238-2520 fax

**Cardiac Rehab Program**  
200 Hospital Drive  
Galax, VA 24333  
276-236-1763  
276-238-2520 fax  
www.tcrh.org



**Helping Hearts,  
Saving Lives!**

*Helping patients  
return to an  
optimal quality of life  
with improved heart health.*

[www.tcrh.org](http://www.tcrh.org)

276-236-1763

## OUR OUTPATIENT CARDIAC REHABILITATION PROGRAMS INCLUDE:

### PHASE 2 - EKG MONITORED PROGRAM

Started early in recovery after a cardiac event or procedure, this program includes:

- Education to understand and manage heart disease including cardiac risk factor identification and modification.
- An individualized EKG-monitored exercise program to safely improve the heart's function and build strength and endurance.
- Exercises include stretching, range of motion, cardiorespiratory exercise (treadmill, stationary bicycle, etc.) and strength training.
- Information on physical activity guidelines.
- Emotional support.

### CARDIO DIRECT PHASE 3 - EXERCISE MAINTENANCE PROGRAM

This is a self-pay program for patients who have completed Phase 2 Cardiac Rehab or patients diagnosed with one or more cardiac risk factors. This non-EKG monitored program offers ongoing exercise, education and support while making important lifestyle changes.

**A physician referral is required.**

## WHO QUALIFIES FOR CARDIAC REHABILITATION?

- Recent heart attack
- Coronary artery bypass surgery (CABG)
- Valve surgery
- Balloon angioplasty/ coronary stenting
- Heart transplant
- Stable Chronic Heart Failure
- Other diagnoses may be covered



## INSURANCE INFORMATION

Most insurances cover all or most of the cost of the Phase 2 program. Some insurances cover additional diagnoses not listed above. We will verify your insurance coverage before you enroll. Cardio Direct programs are "self-pay" and not billed to insurance.

## CARDIAC RISK FACTORS

- Family history of heart disease
- Smoking/tobacco use
- High cholesterol levels
- High blood pressure
- Diabetes
- Overweight/sedentary lifestyle
- Stress

**Talk to your doctor about cardiac rehabilitation. We can help!**



## CARDIAC SUPPORT GROUP

The **Cardiac Support Group** meets...

**When:** 3rd Tuesday  
• February  
• April  
• June  
• August  
• October

**Time:** 3:00 pm

**Where:** Twin County Regional Hospital  
Cardiac Rehab Dept. - Ground Floor

For more information please contact  
Karen Burress, RN at 276-236-1763 or  
Karen.Burress@LPNT.net